

The Keele STarT Back Screening Tool

Patient name: _____ Date: _____

 Thinking about the **last 2 weeks** tick your response to the following questions:

	No 0	Yes 1
1 Has your back pain spread down your leg(s) at some time in the last 2 weeks?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you had pain in the shoulder or neck at some time in the last 2 weeks?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you only walked short distances because of your back pain?	<input type="checkbox"/>	<input type="checkbox"/>
4 In the last 2 weeks, have you dressed more slowly than usual because of back pain?	<input type="checkbox"/>	<input type="checkbox"/>
5 Do you think it's not really safe for a person with a condition like yours to be physically active?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have worrying thoughts been going through your mind a lot of the time?	<input type="checkbox"/>	<input type="checkbox"/>
7 Do you feel that your back pain is terrible and it's never going to get any better?	<input type="checkbox"/>	<input type="checkbox"/>
8 In general have you stopped enjoying all the things you usually enjoy?	<input type="checkbox"/>	<input type="checkbox"/>

 9. Overall, how **bothersome** has your back pain been in the last 2 weeks?

Not at all	Slightly	Moderately	Very much	Extremely
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	0	0	1	1

Total score (all 9): _____ **Sub Score (Q5-9):** _____

The STarT Tool Scoring System

